



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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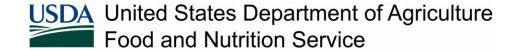
(last updated, March 2014)

110393 - PANCAKE, WHOLE GRAIN, FROZEN, BULK, 12 LB

Nutrition Information

		7 Whole grain pancake		
CATEGORY	Grains/Breads		,	•
PRODUCT DESCRIPTION	These whole grain pancakes are made with whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The pancakes		1 pancake (32 g)	2 pancakes (65 g)
	meet the HealthierUS School Challenge whole grain criteria.	Calories	80	160
		Protein	1.7 g	3.3 g
PACK/YIELD	• 12 lb case.	Carbohydrate	13.7 g	27.3 g
	• One 12 lb case AP yields about 144 pancakes and provides about 72	Dietary Fiber	1.0 g	2.0 g
	servings (2 pancakes = 1 serving) or about 48 servings (3 pancakes = 1	Sugars	3.3 g	6.7 g
	servings (2 paneakes = 1 serving) of about 46 servings (3 paneakes = 1 serving).	Total Fat	2 g	4.0 g
		Saturated Fat	0.33 g	0.66 g
	• CN Crediting: 1 Whole grain pancake provides 1 oz eq of Grains.	<i>Trans</i> Fat	0 g	0 g
STORAGE	• Store frozen whole grain pancakes at 0°F or below in original shipping case off the floor.	Cholesterol	3.3 mg	6.7 mg
		Iron	0.2 mg	0.4 mg
		Calcium	26.5 mg	40 mg
	Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.	Sodium	130 mg	260 mg
		Magnesium	0 mg	0 mg
		Potassium	0 mg	0 mg
		Vitamin A	0 IU	0 IU
		Vitamin A	0 RAE	0 RAE
		Vitamin C	0 mg	0 mg
		Vitamin E	0 mg	0 mg







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PREPARATION/ COOKING INSTRUCTIONS	Follow manufacturer's directions on package.
USES AND TIPS	• The whole grain pancake or in convection, conventional, or microwave oven. It may also be heated in a slot toaster; however, frozen pancake may require more than one toasting cycle. For best results do not use griddle to heat.
FOOD SAFETY INFORMATION	Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI_StorandInvMgmt.pdf .

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.